Happiness is Free! But WHY Are You Grieving? by Abba Abdullahi Garba

Published: 2023-12-14

Humans are such a very lucky creatures living in the world where happiness is free to all of them irrespective of their religious, racial, national or cultural differences.

Unfortunately some of us have been lost in a state of grieving about some life lop sides which results in the demise of their happiness.

Wealth, publicity or crown can’t buy happiness despite the fact that it’s totally free to everyone, but self-acceptance, embracement and doing righteousness brings happiness to the heart and ease to the soul.

I won’t suggest the idea of letting some bad times, moments or events of life to take away what is free to us (our happiness).

We’re supposed to be happy and joyful, we’ve full rights and authority to be happy since being happy is under our control.

We need to always control our anger, by forgetting our bad pasts and facing the future, by overlooking others’ mistakes and wrongdoings, by forgetting the thoughts of taking revenge and others.

I used the above poor happy African child picture to draw some considerable points from it so that we can learn what is meant to be happy.

Even though he was destined to be born by poor parents, to wear tattered clothes at early days of his life, to eat third-class food and lake fetched or well water, to sleep on some old mattress in may be a hut.

Does that means he will let these life imbalances to take away his happiness or his right to be happy? Nope he won’t and he didn’t.

He’s totally and fully happy, dancing at the mid of nowhere or may be near his small village.

What I understand is, since from the beginning he learned to accept himself, his condition, get used to it and allow happiness and comfort to entirely fill his heart and soul.

Then what of you? Consider your life’s condition with his and tell me why can’t you allow happiness to fill your heart entirely without letting your self being sad, depressed or angered by some life challenges which you can overcome if you confront them with confident and strong self motivation?.

Honestly and advisably do not let your happiness fade away because of grievousness. What you have is what somebody is dreaming to have one

day, who you’re is what somebody is dreaming to be one day, where you’re is what somebody is dreaming to be one day.

In my first article on medium I wrote “Joy, happiness and comfort are all found in the heart of those who embrace their selves and accept who they’re, irrespective of how much wealthy or poorer they’re”.

Just be your self and stop being who you thought you’re. Accept your self and stop rejecting your self. This life is a short ride, the moment you die then your ride is over. Use and manage your life-time carefully and enjoy your life time to it’s fullest.

Be your self and do what is good for your well-being and your tomorrow, let go of gossips, cheats and other chaos things. Focus on what you’re great at and do your best to succeed at it.

Remember to always do things that makes you happy, forgiveness brings happiness and feeling self worthiness.